



Friendship Heights

VILLAGE NEWS

SEPTEMBER 2005

301-656-2797

VOLUME 20, NO. 4



Fall Foliage Trip

see page 3

Village Council Corner

Council Launches 'Project Heart Beat'

What would you do if a friend or family member collapsed from a heart attack? Would you be prepared to help save their life?

The Village Council wants to give all Village residents the opportunity to learn how to provide immediate, potentially life-saving care. "Project Heart Beat" is being instituted to train Village residents in both Cardiopulmonary Resuscitation

(CPR) and use of the Automatic External Defibrillator (AED).

The Red Cross states that in the past year, 350,000 Americans died of Sudden Cardiac Arrest (SCA). SCA causes more deaths in the U.S. each year than all forms of cancer combined. Up to 50,000 of these deaths could have been prevented if trained individuals had initiated the "Cardiac Chain of Survival" incorporating CPR and AED



training, and an AED had been immediately available.

continued on page 16

A night at the opera

The Washington National Opera will celebrate its 50th anniversary this year with a smashing season featuring productions representing the full breadth of the operatic field. Join us for a trip to the Kennedy Center — and Catfish Row — on **Monday, Nov. 7** to see the exciting new production of George Gershwin's "Porgy and Bess," the one American opera that is fully established in the international opera repertory.

"Summertime," "I Got Plenty of Nuthin'," "It Ain't Necessarily So," and "Bess, You Is My Woman Now" all make up an integral part of America's musical heritage. In this poignant story, the disabled beggar Porgy wins the beautiful but disreputable Bess only to lose her again.

We will leave the Village Center at 5:30 p.m. and arrive in time for a light supper in the KC Café (on your own) before the opera begins. We should return by 10:30 p.m. The cost of the trip, which includes transportation, a seat in the side Orchestra, and driver gratuity, is \$99. Residents and one guest may sign up immediately. Nonresidents may sign up Sept. 19. There are 24 tickets available.



Village Yard Sale and Pooch Parade

Clean out your closets or just stop by to see what treasures you can find as the Friendship Heights Village Center hosts a neighborhood yard sale in Hubert Humphrey Park on **Sunday, Sept. 18, from 10 a.m. to 1 p.m.**

In addition, we invite dogowners to parade their pooches at 11 a.m.

Weather permitting, tables will be set up in the park. In the event of rain, we'll move the sale indoors. A limited number of six-foot tables will be available to sellers for \$8 each. Entry in the pooch parade is free, but pre-registration is required for both events.

Please sign up at the Village Center for the yard sale and parade no later than Sept. 14. Call 301-656-2797 for more information.

Hayride and Campfire for Children ... see page 2

CHILDREN'S PROGRAMS

Hats, Hats, Hats

Join us for a morning of fun and crafts as local actress and singer Barbara Papendorp reads "Hats for Sale" on **Saturday, Sept. 10, from 10:30 to 11:30 a.m.** Pre-school children will love this delightful story about a peddler and his efforts to sell his hats. The event is free, but please call the Village Center at 301-656-2797 no later than Wednesday, Sept. 7, if you plan to attend.

Enjoy an autumn hayride and campfire

Spend a wonderful afternoon in the country as we travel to Brookeville to Sharp's at Waterford Farm on **Saturday, Oct. 15.** Children will have the chance to visit a corn maze, pick a pumpkin, feed some of the farm animals and see how bees make honey. Then, we'll climb aboard a hay wagon for a ride along the farm's rolling hills. The day's finale will be a campfire where we'll roast hotdogs and marshmallows.

We'll depart from the Center at 3 p.m. and should return by 8:30 p.m. The cost of the trip, which includes transportation, admission to the farm, hayride, corn maze, pumpkin and campfire dinner, is \$23 per person, children 4 and under are \$12. All children must be accompanied by a parent or guardian. Sign-ups begin immediately at the Village Center. The deadline to sign up is Wednesday, Oct. 12. There are 35 spaces available.

Estate planning series begins this month

Attorney Lawrence Abrams will conduct a series of three monthly programs on selected topics concerning estate planning and estate administration beginning **Tuesday, Sept. 20, from 10:30 a.m. to noon.**

The first program is entitled "Estate Planning — an Overview" and covers wills and trusts, living wills, health care directives and powers of attorney. The second program, to be held **Tuesday, Oct. 11, at 10:30 a.m.,** is entitled "Transfers at Death Under the Will (Probate) and Transfers at Death Outside the Will (No Probate)." The third program, on **Tuesday, Nov. 8, at 10:30 a.m.,** is entitled "Lifetime Gifts and Gift and Estate Taxes."

The presentations will be informal and "non-technical" with plenty of time for questions and discussion. They are free, but please sign up in advance if you plan to attend. Call the Village Center at 301-656-2797 to register.



Friendship Heights VILLAGE NEWS

www.erols.com/friendshiphtsvillage

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the October issue is September 6. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

A day in the Shenandoah

See a brand new museum, enjoy lunch at America's oldest inn, and take in the fall foliage when we visit the Museum of the Shenandoah Valley and drive through the beautiful countryside for which it is named on **Wednesday, Oct. 19.**

Our day will begin with lunch at the Wayside Inn, the oldest continuously operating inn in the country, in Middletown, Va. The menu includes a salad and either (please choose at sign-up) the Inn's famous smothered chicken (slow roasted with potato and vegetable) or Miss Irene's meatloaf (with potato and veg-

etable — a Wayside favorite!), and homemade apple cobbler for dessert.

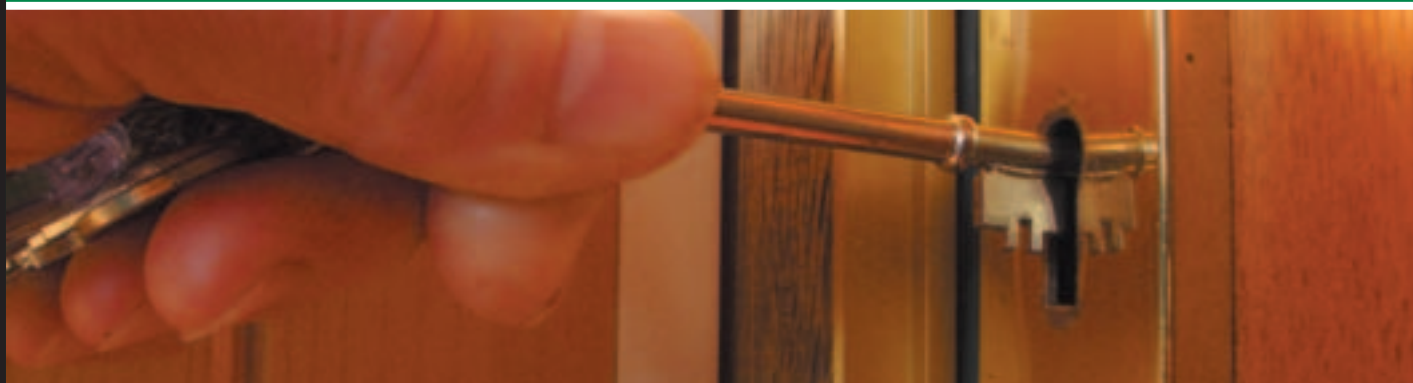
Following lunch, we will drive a short distance to the Museum of the Shenandoah Valley in Winchester. This \$20 million project, open since last April, includes the new building that houses eleven galleries, the Glen Burnie Historic House, and six acres of spectacular gardens. We will have a docent-led tour of the house, home to the Wood and Glass families for more than 200 years. Six acres of gardens surrounding the house feature fountains, sculpture, "folly" structures and the historic family cem-

etery. At the 50,000-square-foot museum we will learn about the history of the valley through paintings and furniture and a fabulous miniatures collection. Museum and garden tours are self-guided.

We will leave the Village Center at 9:45 a.m. and return home around 6 p.m. The cost for the trip, which includes lunch, admission to the museum, house and gardens, transportation and all taxes and gratuities, is \$68. Residents and one guest may sign up immediately. Nonresidents may sign up Sept. 16. The deadline to sign up is Oct. 12. There are 24 spaces available.

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Max Born: great physicist and humanitarian

Nancy Thorndike Greenspan will discuss her book, *The End of the Certain World: The Life and Science of Max Born*, the first biography written of the man who was the teacher of nine Nobel physicists, at the Village Center on **Monday, Sept. 26, at 7:30 p.m.**

The role of German physicist Max Born in the "Golden Age of Physics" helped to shape the science of the twentieth century and open the door to the modern era. He was Werner Heisenberg's mentor on the experiments in quantum mechanics that earned Heisenberg the 1932 Nobel Prize and enduring fame. Ms. Greenspan's biography is an analysis of the behind-the-scenes deliberations that excluded Born from sharing in that honor. She presents the full story of Max Born: his exile from Hitler's Germany, his efforts to regain his professional status, and the Nobel Prize he won in 1954.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

Calling all new residents!

All new residents — and old ones who bring along someone who has moved into the Village in the last two years — are invited to a wine and cheese party on **Wednesday, Sept. 28, from 6 to 7:30 p.m.** at the Center. Come enjoy the music of classical guitarist Michael Davis and greet your neighbors. There is no cost, but please RSVP at 301-656-2797 if you plan to attend.



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Journey along the Potomac River

Take a 17-mile walk along the Potomac without leaving your seat. Author and photographer Roy Sewall will present a slide-illustrated discussion entitled "Our Potomac" at the Village Center on **Thursday, Sept. 29, at 7:30 p.m.**

The Potomac River is the wildest river running through a major metropolitan area anywhere in the world. These gorgeous photos capture the river's change as it flows from raging falls to the peaceful setting of Washington's monuments. They are taken from Mr. Sewall's book, *Our Potomac: From Great Falls through Washington, DC*, the first book of its kind.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the coffee table book will be available for sale.

Slavery in the 21st Century

Human trafficking is modern-day slavery. The third largest and fastest growing criminal industry in the world, trafficking is one of the most urgent human rights issues today. Sec. Condoleezza Rice reported that up to 800,000 people are trafficked across international borders every year — and millions more are trafficked internally. She said, "Victims of trafficking, most of them women and children, are forced, defrauded or coerced into inhumane conditions. They are made to toil on farms and in work camps, in brothels and in sweatshops. Children are even forced to become soldiers."

Photographer Kay Chernush was assigned by the State Dept. to travel around the world taking the pictures, which appear with the report. She will share these photos in a slide presentation at the Village Center on **Thursday, Oct. 6, at 7:30 p.m.** Please sign up in advance by calling the Village Center at 301-656-2797.

An objective look at the Clinton years

John F. Harris, a *Washington Post* reporter and editor who covered the Clinton presidency for six years, will discuss his book, *The Survivor: Bill Clinton in the White House*, at the Village Center on **Thursday, Sept. 22, at 7:30 p.m.**

Mr. Harris's book has been described as the best study of the Clinton administration written to date. Alan Brinkley, provost and history professor at Columbia University, wrote in *Book World* that "*The Survivor* is intelligent, judicious and relatively nonideological...the book's many new small and telling details enhance our understanding of this important administration."

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

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PLAYING on the BIG SCREEN

Movies now begin at 7 p.m.

Thursday, Sept. 1 7:00 p.m. — *The Aviator*. Martin Scorsese directed this epic-scale biopic documenting the life and loves one of the most colorful Americans of the 20th century, Howard Hughes. The Aviator follows Hughes (played by Leonardo DiCaprio) as the twenty-something millionaire, having already made a fortune improving the design of oil-drilling bits, comes to Hollywood with an interest in getting into the picture business. The Aviator's star-studded cast also includes, Gwen Stefani, Cate Blanchett, Kate Beckinsale, Alec Baldwin, Alan Alda, Jude Law, Willem Dafoe, Ian Holm, and Frances Conroy. Rated PG-13. Running Time: 170 minutes.

Thursday, Sept. 8, 7:00 p.m. — *Million Dollar Baby*. Frankie Dunn is a veteran boxing trainer who has devoted his life to the ring and has precious little to show for it; his daughter never answers his letters, and a fighter he's groomed into contender status has paid him back by signing with another manager, leaving Frankie high and

dry. One day, Maggie Fitzgerald enters Frankie's life, as well as his gym, and announces she needs a trainer. Frankie regards her as a dubious prospect, and isn't afraid to tell her why: he doesn't think much of women boxing, she's too old at 31, she lacks experience, and has no technique. When a tragedy befalls one of the characters, each comes to a decision that shows how the relationships in the film have changed them. Stars Clint Eastwood, Hilary Swank and Morgan Freeman. Rated PG — 13. Running Time: 132 minutes.

Thursday, Sept. 15 , 7:30 p.m. — *Café Muse*. See page 14 for details.

Thursday, Sept. 22, 7:30 p.m. — *Book Signing with John Harris*. See page 5 for details.

Thursday, Sept. 29, 7:30 p.m. — *Book Signing with Roy Sewall*. See page 5 for details.



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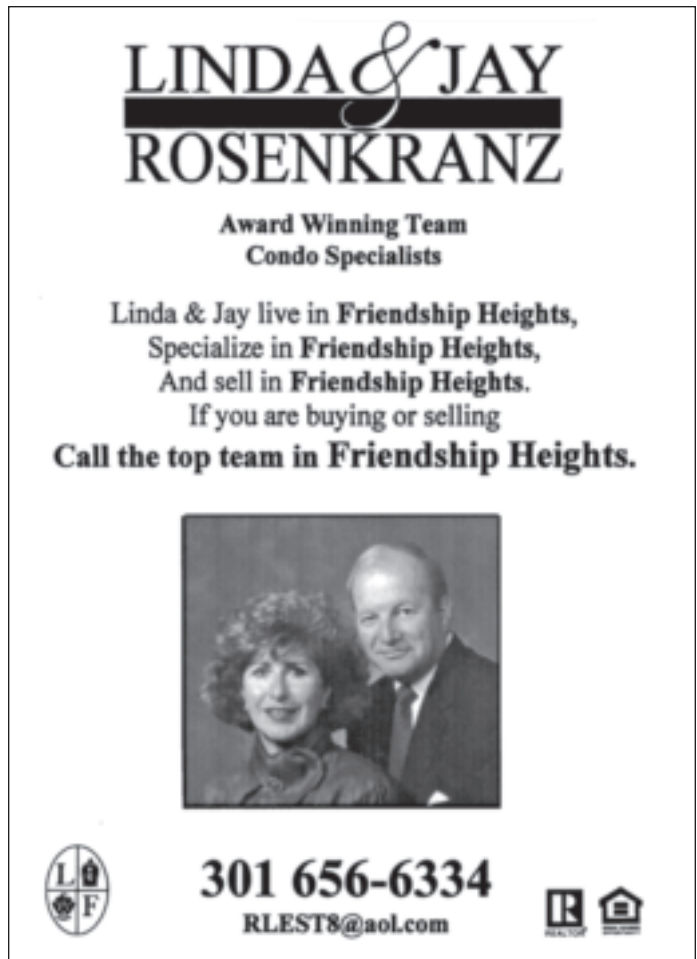
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LOF R

FRIENDSHIP GALLERY

Paintings by Mary Lou Shields on exhibit this month

Watercolorist Mary Lou Shields has loved painting since she was five years old. Her paintings are in private collections in England, Australia, Belgium, and the United States. Her works have been displayed in public collections as well, including the Maryland House of Delegates. Friendship Gallery is pleased to present her works during the month of September.

The show runs from Sept. 2 to 30. All are invited to meet the artist at a reception on **Sunday, Sept. 4, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.



"Jefferson at Dusk" and
"Skating Party" by Mary Lou Shields

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Friendship Heights
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Calendar
of Events 2005

S E P T E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Is Medicare’s new drug plan for you?</p> <p>Everyone with Medicare will soon be able to enroll in Medicare’s new Prescription Drug Program (PDP). Should you? A volunteer counselor from SHIP (Senior Health Insurance Assistance Program) is at the Village Center from 1 to 3 p.m. the second and fourth Wednesday of each month, to help you make a decision. Find out about premiums for the new benefit, whether your current health insurance is just as good, whether you or a friend might qualify for extra help in paying out-of-pocket expenses, how to choose the best PDP for you, when to sign up and more.</p> <p>To make an appointment, call the Montgomery County SHIP (301) 590-2819. Walk-ins are welcome if there is time available.</p>				<p>1</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7 p.m.: Movie: The Aviator</p>	<p>2</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p>3</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>4</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>5</p> <p>Labor Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi</p>	<p>6</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>7</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 7:30 p.m.: Concert: Dixie Power Trio</p>	<p>8</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7 p.m.: Movie: Million Dollar Baby</p>	<p>9</p> <p>10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Presentation: “Confessions of a Nightingale”</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 10:30 a.m.: Saturday Story Time</p>
<p>11</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>12</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1 p.m.: Beginning Bridge 2 2:30 p.m.: Drawing and Painting 7:30 p.m.: Drop-in Yoga 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p>	<p>13</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>14</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 1 p.m.: Beginning Bridge 1 p.m.: Suburban Lecture: Options for Cancer Therapies 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Rosanne Conway and George Peachy</p>	<p>15</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7 p.m.: Café Muse</p>	<p>16</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs 12 p.m.: Landon Symphonette</p>
<p>18</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 10 a.m -1 p.m. Village Yard Sale 11 a.m. Pooch Parade</p>	<p>19</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Beginning Bridge 2 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga</p>	<p>20</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Estate Planning 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Vision Transitions 7 p.m.: Mat Pilates</p>	<p>21</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Beginning Bridge 7:30 p.m.: Concert: Christina Crerar Trio</p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Improve Your Memory 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:30 p.m.: Book Signing with John Harris</p>	<p>23</p> <p>10 a.m. to 3 p.m.: AARP Driver Safety Program 10:30 a.m.: Coffee and Current Events</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>
<p>25</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26</p> <p>9:15 a.m.: Fit-4-Ever 10: a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength 1 p.m.: Beginning Bridge 2 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 7:30 p.m.: Book signing with Nancy Greenspan</p>	<p>27</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>28</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Beginning Bridge 1 p.m.: Health Insurance Counseling 6 to 7:30 p.m.: Party for New Residents 7:30 p.m.: Concert: Ahmad Nadimi</p>	<p>29</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Improve Your Memory 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:30: “Our Potomac” Slide Presentation</p>	<p>30</p> <p>10 a.m. to 3 p.m.: AARP Driver Safety Program 10:30 a.m.: Coffee and Current Events</p>	

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH’S SPECIAL LUNCH AND CONCERT

September’s special lunch, prepared by Jelena Koprivica, Dining Services Coordinator of Brighton Gardens, will be held on **Friday, Sept. 9, at 12:15 p.m.** The menu will include tossed salad, spaghetti with meat sauce, and fruit cobbler for dessert. The cost is \$7, which must be paid when you make your reservation. Please reserve by Wednesday, Sept. 7.

Following lunch, please stay for a special production of “Confessions of a Nightingale,” which depicts the life of one of America’s greatest playwrights, Tennessee Williams, **at 1 p.m.** The one-man show stars Barry Abrams and is directed by Ed Starr, the founder of Montgomery County Senior’s Theatre.



CLASSES and CLUBS

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.

NEW CLASSES

BEGINNING BRIDGE

An introduction to bridge. Taught by Martha Lissner, retired teacher and principal and experienced bridge teacher. Each student must bring a deck of cards. 6-week course starts Sept. 14. Meets Wednesdays from 1 to 3 p.m. Cost is \$90 for residents; \$100 for nonresidents.

BEGINNING BRIDGE 2

A continuation of the Beginning Bridge course taught by Martha Lissner. Each student must bring a deck of cards. 6-week course starts Sept. 12. Meets Mondays from 1 to 3 p.m. (class will not meet on Oct. 10). Cost is \$90 for residents; \$100 for nonresidents.

CONVERSATIONAL SPANISH 1

This 10-week course begins Oct. 19. Students will learn basic expressions and grammar. Emphasis will be on conversation, listening comprehension, reading and grammar. Instructor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College and the USDA Graduate School. Supplies will be an extra charge. The class meets Wednesdays, from 6:30 to 8:30 p.m. The cost is \$200 for residents, \$210 for nonresidents and \$100 for anyone 65 or older. Session ends Dec. 21.

CONVERSATIONAL SPANISH 2

A 10-week course taught by Elena Marra-Lopez begins Oct. 14. This class is for students who have

taken Conversational Spanish 1 or have some knowledge of Spanish. They will continue learning conversation, listening comprehension, reading and grammar. Supplies will be an extra charge. The class meets Fridays, from 10 a.m. to 12 p.m. Class will not be held on Nov. 25, Dec. 23 or 30; class will be held Nov. 11. The cost is \$200 for residents, \$210 for nonresidents and \$100 for anyone 65 or older. Session ends Jan. 6.

CONVERSATIONAL SPANISH 3

A 10-week course taught by Elena Marra-Lopez begins Oct. 18. This class is for students who have taken Conversational Spanish 2. The class meets Tuesdays, from 1 to 3 p.m. The cost is \$200 for residents, \$210 for nonresidents and \$100 for anyone 65 or older. Supplies will be an extra charge. Session ends Dec. 20.

DRAWING AND PAINTING

A 10-week course for all skill levels, taught by Doris Haskell, begins on Sept. 12. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Nov. 21 (class will not meet on Oct. 10).

IMPROVE YOUR MEMORY

A 5-week course with gerontologist Murray West begins Sept. 22. Meets Thursdays from 10 to 11 a.m. Lecture and group discussion. Read description on page 13. Maximum of 16 participants. There is no fee, but registration is required.

MAT PILATES

A 6-week session begins Sept. 6. Meets Tuesdays from 7 to 8 p.m. The cost is \$70 for residents and \$80 for nonresidents. This particular class is not recommended for pregnant women or those with serious spinal conditions without a physician's approval. Instructor has been certified by the *PhysicalMind Institute*. Please bring a Pilates/Yoga mat and bath towel. Session ends Oct. 18 (class will not meet on Oct. 11). Maximum number of students is 15.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class is taught by Marianne Winter and begins Oct. 19. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Ms. Winter is an award-winning artist and photographer. Please bring a pad and pencil or pastel to the first class. The cost is \$60. (Maximum number of students is 8). Session ends Nov. 23.

STILL LIFE PAINTING

A 12-week course with noted artist Joan Samworth emphasizing the elements of art: line, color, texture, shape and value. Class is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Begins Sept. 8. Meets Thursdays from 11 a.m. to 2:30 p.m. (Bring a



bag lunch). The cost is \$165 for residents; \$170 for nonresidents. Last class is Dec. 8 (there is no class Sept. 29).

STRENGTH TRAINING WITH NRH REGIONAL REHAB

(Monday)

A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. This 10-week session begins Sept. 19. Meets Mondays at 11:30 a.m. Cost is \$50. Please register by phone at 301-986-4745.

STRENGTH TRAINING WITH NRH REGIONAL REHAB

(Wednesday)

See description above. A 10-week session begins Sept. 21. Meets Wednesdays at 11 a.m. Cost is \$50. Please register by phone at 301-986-4745.

TAI CHI (Tuesday)

This 6-week session begins Sept. 13. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends Nov. 1 (class will not meet Oct. 4 or 11).

TAI CHI (Thursday)

This 6-week session begins Sept. 8. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends Oct. 27 (class will not meet Oct. 6 or 13).

YOGA (Daytime)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 18. Meets Sundays from 9 to 10:20 a.m. The session includes

semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$80 for residents and \$95 for non-residents. Session ends Nov. 21. Class will not meet Oct. 16 or Nov. 13. (Students who must miss a class may make it up in the Monday class with the instructor's permission).

YOGA (Evening)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 19. Meets Mondays from 7:30 to 8:50 p.m. See description above. The cost is \$80 for residents and \$95 for non-residents. Session ends Nov. 21. Class will not meet Oct. 3 or 10. (Students who must miss a class may make it up in the Sunday class).

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CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall. Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.

Wednesday, Sept. 7 — Dixie

Power Trio. The Dixie Power Trio brings their fresh New Orleans jazz and zydeco to the Village Center in September. They may tackle anything from Louis Armstrong to Louis Jordan to Lou Reed. Borrowing material from the Neville Brothers, Buckwheat Zydeco, Dr. John, Chuck Berry, and the Beatles, and countless other groups, the Dixie Power Trio has a knack for reinventing classics. At the same time, they take pride in the authenticity of their New Orleans jazz repertoire. The common thread is that it's all good music.

Wednesday, Sept. 14 — Rosanne

Conway Hailed by critics for her "musical elegance and brilliant technique," pianist Rosanne Conway is a native of Seattle, where she performed with the Seattle Symphony at the age of 16. She holds degrees from the University of Washington and the University of Colorado. In New York, she studied with Earl Wild at Juilliard.

Wednesday, Sept. 21 —

Christina Crerar. Christina pairs vintage tunes with modern arrangements for her jazz combo. She sings lead for the Frankie

Condon Orchestra and USA

Canteen. A South Jersey native, Christina moved to the Washington area to study music at the Catholic University of America, where she sang a variety of repertoire including jazz, cabaret, musicals, classical and modern choral works. She toured Korea, Japan, Okinawa and Iwo Jima as lead vocalist in the Department of Defense entertainment tour.

Wednesday, Sept. 28 — Ahmad

Nadimi. Ahmad Nadimi and his wife Emiko combine classical and New Age music as he performs selections from his composition "Suite for Peace."



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TO YOUR HEALTH

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"Of all the faculties of the human mind, that of memory is the first that suffers decay from age." Thomas Jefferson wrote that in 1812. "Improve Your Memory" sessions explore that point of view in the light of current brain and memory theory. Participants will examine and discuss the individual's ability to modify the brain's and the body's response to normal aging. Instructor Murray West, a gerontologist, has a special interest in the study of improving memory skills in older adults. He has participated in research of memory at the Cognitive Neuroscience Section, NINDS, and the Clinical Neuropharmacology Branch, NIMH at the National Institutes of Health. These free sessions will meet Thursday mornings from 10 to 11 a.m. **beginning Sept. 22.** Registration is required.

Generation X, Baby Boomers and beyond!

"Vision Transitions — the Next Generation," a four-part journey toward solutions, will be led by Patrick Sheehan, low vision consumer specialist. The first session is entitled: Attitudes about Vision Loss and Individual Goals" and will be held **Tuesday, Sept. 20 from 6:30 to 8 p.m.** at the Village Center. To register, call 301-656-2797. For more information about Vision Transitions, call 202-234-1010 or visit www.youreyes.org.

Getting through cancer information

This month's Suburban Lecture on **Wednesday, Sept. 14, at 1 p.m.,** looks at options today for cancer therapies. How do you make sense out of all the alternatives? Are you a candidate for a clinical trial? Meet Rebecca Price, the patient navigator from Suburban's Cancer Program, and get ideas on how to prioritize your care, what questions to ask your doctor, how to find good information on the internet, and whether a support group is right for you.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

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Seminar Dates and Times

Thursday, September 22, 2005

1:00 p.m. to 3:00 p.m.

or

Sunday, September 25, 2005

10:00 a.m. to 12:00 p.m.

Seminar Location:

Friendship Heights Village Center

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Before September 19, 2005



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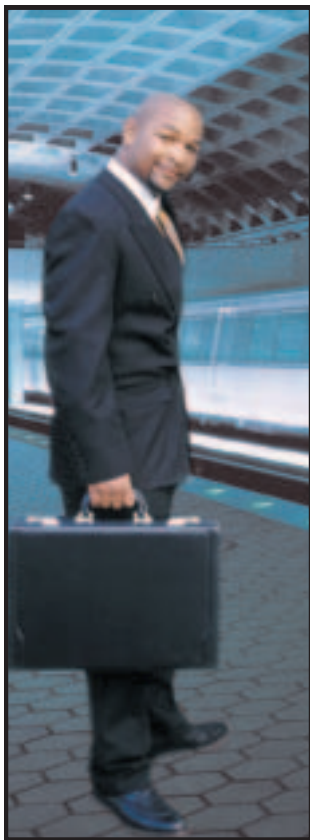
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Drop-in yoga is open to all

On **Monday, Sept. 12**, at **7:30 p.m.**, instructor Robin Dinerman will conduct a drop-in yoga class. Everyone is invited to attend. Wear loose clothing, bring a blanket or large towel, and mat. Don't eat for 2 hours before class. Donations for the B-CC Rescue Squad will be accepted in lieu of payment.

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Cafe Muse presents...

This month's Café Muse, on **Thursday, Sept. 15**, at **7 p.m.**, presents poets Lia Purpura and Jonathan Vaile.

Lia Purpura is the author of five books of poetry, essays, and poetry in translation (from Polish). She is currently Writer-in-Residence at Loyola College in Baltimore, Maryland. Jonathan Vaile has performed his poetry in New York, Chicago, New England, and the Washington, D.C. area. He has received two Literature Fellowships from the National Endowment for the Humanities. Café Muse is presented by The Village of Friendship Heights and The Word Works. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

Landon Symphonette at the Center in September

The Landon Symphonette presents a late summer performance on **Saturday, Sept. 17**, at **noon** at the Village Center. The program will feature Bach's "Suite # 3 in D major," Torelli's "Sonata in D major," with a trumpet solo by Andrew Schuller and Mozart's Symphony No. 29. The performance is free, but please call the Village Center at 301-656-2797 if you plan to attend.



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Village Council Corner

continued from page 1

The Council has made arrangements with the training firm Rescue One to offer a three-hour certification class at the very favorable rate of \$25 per person. **In order to make this training available to all Village residents however, this life saving program will be offered to you for \$5.00!** With the endorsement of the Rothstein family, the Council voted to apply the Rothstein Scholarship this year to underwrite the remainder of the fee. The instructors from Rescue One will provide a course combining both CPR training and instruction in the use of the Automatic External Defibrillator, the two skills needed to help save the life of a Sudden Cardiac Arrest victim. Non-Village residents are eligible to take the course for the full \$25 fee (still a bargain).

If you are questioning the need for this training, think of only one thing, could you ever forgive yourself for not being able to help save the life of someone desperately in need of your help?

Because we want to make this course available to all of our residents, a wide variety of dates have been set aside for Project Heart-Beat.

You can sign up at the Village Center for any of the following dates.

- **Monday, Oct. 3, 9 a.m. to 12 p.m. or 1 to 4 p.m.**
- **Tuesday, Oct. 4, 7 p.m. to 10 p.m.**
- **Wednesday Oct. 5, 9 a.m. to 12 p.m. or 1 to 4 p.m.**
- **Friday Oct. 21, 9 a.m. to 12 p.m. or 1 p.m. to 4 p.m.**
- **Saturday, Oct. 22, 9 a.m. to 12 p.m.**

Don't hesitate—sign up now!

Learn safe, defensive driving tips

The AARP Driver Safety Program is the nation's first classroom driver refresher course specially designed for motorists age 50 and older. The eight-hour course helps drivers refine existing skills and develop techniques. The course will be offered **Friday, Sept. 23** and **Friday, Sept. 30, from 10 a.m. to 3 p.m.** at the Village Center (students must attend both classes). Bill Headline will teach the class. The cost is \$10 and checks should be made out to AARP. Students must bring to class their driver's license and a ballpoint pen. Register at the Village Center.



Friendship Heights

VILLAGE NEWS

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4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

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September 2005 events calendar